

Is it Safe to Go Home?

Statistically, women return home to an abuser seven times on the average, before leaving for good. EMERGE, a men's collective that treats men who batter in the greater Boston area, published these questions women can ask themselves when they wonder, "How do I know if he's changed?"

- ❖ Has he stopped being violent or threatening toward me and others?
- ❖ Does he still make me afraid when I am with him?

- ❖ Is he able to be angry without becoming verbally or physically abusive?
- ❖ Am I able to express anger toward him without being attacked?
- ❖ Is he able to hear and respect what I am saying even though he may not agree with me?

- ❖ Can he negotiate with me without being accusatory or controlling?
- ❖ Can he respect my right to say no?

- ❖ Is he able to let me know what he is feeling most of the time?
- ❖ Does he still make me feel responsible for his anger and frustrations?
- ❖ Does he respect my right to be different and to make my own decisions?
- ❖ Do I feel respected and listened to when I want to speak?

- ❖ Can I go out, go to school or get a job without his permission?

Although no plan guarantees safety, all women and children should have a safety plan in place.